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DESTINY—A SPIRITUAL VIEW

A lecture given at Serenity Spiritualist Church on June 1, 1975 through the Mediumship of Richard P. Goodwin

This morning's lecture is "Destiny-A Spiritual View." Now, all philosophies and religions of our world have taught and continue to teach that God is Love, that the truth will set us free. And so. we are all seeking not only what we call God-Love-but we are also seeking truth, the very thing that will free our soul. The understanding of God, the Divine Intelligence, in this philosophy here at Serenity, is that God is a divine neutral intelligent energy expressing through all forms of life; that man, in his limited understanding, is receptive to this energy, this feeling, this goodness or godliness in particular areas of his own choosing. In keeping with our understanding that acceptance is the Divine Will, that rejection is the self-will, man can view his own destiny.

Some time ago a lecture was given in this church entitled. "Man's Only Suffering Is His Denial of God." When man denies the divine right of expression of any form, then man is denving his own divinity. For, we understand that all form and all expression is in truth the divine neutral intelligent energy called God. Spiritualism does not understand this so-called God as an opposing force called Satan. We do understand that a seeming "bad" experience is nothing more nor less than seeming undeveloped good. We understand that there is one God and one energy and one intelligence, that when man feels good, he is experiencing that godliness in the ways of his own limited acceptances. And so it is that by our own selfwill, by our own acceptance, by our own rejections, we in truth are declaring and have declared our own destiny. The question may well arise, "I entered earth in a certain condition and under certain experiences." We teach an evolutionary incarnation of the soul. the soul evolves As through this great eternity, it establishes laws and boundaries for its own expression.

Now, we live in a physical world governed by physical laws. We understand that we have soul faculties and sense functions. We also understand that creation is a dual expression and that that guarantees

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DESTINY-A SPIRITUAL VIEW continued from page 3

pleasure is destined to guarantee pain. Now, the reason that that is a demonstrable truth is quite simple. When man experiences what he calls joy and he limits that experience to a particular chosen area of expression, then he has limited his receptivity to God. In time, that so-called joyous experience will become your greatest sadness. Life already has revealed that divine natural law to all of God's children.

We are in the constant wheel, the karmic wheel, of illusion and delusion, chasing from one rainbow to another rainbow and never ever really finding our own divine home. We cannot find home when we have limited in our consciousness how we will accept our own divinity. Man has health and guarantees his sickness; he has joy and guarantees his sadness: he has wealth and guarantees his poverty. Why do we do that to ourselves? It's known as an error of ignorance. For, that that we rely upon becomes our God. And he who relies upon man for his joy, his supply, his health, his prosperity, comes under the control of man's law, not God's law. And in so doing, he binds his soul and makes a god out of whatever things he enjoys.

When we broaden our horizons, when we open our consciousness and we declare the divine truth that God, this socalled Love, is expressing through all form, that the experiencing of this Love is possible by an awakening of our own consciousness, then, my friends, you will not have to rely upon things, nor people to express, to feel the goodness, the godliness, which is in truth your divine right. Only a fool would consciously choose to rely upon anyone or anything that will in time guarantee the bondage of his own soul. So let us look at life with a little clearer review. When man suffers - which is the direct effect of his denial of God - man suffers when he says in consciousness, "I have a need, and this, my God, is the way that it can be fulfilled"- then man suffers. For God, though fulfilling need through form, is not limited form. And so, people in this physical world, attach themselves to people and to things to have the joy and the guaranteed sadness some day in some way. If that were not true, our world, our physical world, would not be filled with so many divorces. It would not be filled with so much pain and suffering. It is

(continued page 6)

THE PENETRALIA

Being Harmonial Answers to Important Questions by Andrew Jackson Davis

Continued from last issue-

What is required in the tenth commandment?

The tenth commandment requireth us to harmonize our loves and mental desires throughout; and thus create that Beauty, full of symmetry regular conformation, and which will prove a joy eternal.

What is Beauty?

Objective beauty is that which acts through the eye upon, and excites pleasure in, the spiritual temperament. (See 4th vol. of Harmonia.) We need not roam through vast domains of rich grandeur, nor fathom the deep mines of essences bodiless or abstractions metaphysical, to solve this simple question. True beauty is that, without or within, which yields pleasure and awakens gratitude.

What did the ancients say of Beauty?

It is said that Socrates called Beauty a short-lived tyranny; Plato, a privilege of nature; Theophrastus, a silent cheat; Theocritus, a delightful prejudice: Carneades, a solitary kingdom; Domitian said, that nothing was more grateful; Aristole, that Beauty

was better than all the letters of recommendation in the world: Homer, that it was a glorious gift of Nature; Ovid calls it a favor bestowed by the gods; Emerson, that Beauty is the mark God sets on virtue: and a French proverb, that Beauty, unaccompanied by virtue, is as a flower without perfume.

What definition can you give of Beauty?

I define Beauty to be the incarnation of three active principles-Use, Justice, Power -the coronation of whatsoever servicable, harmonious. energetic. He who would be truly beautiful must not be deformed with obstentation.

What is forbidden in the tenth commandment?

The tenth commandment forbiddeth all physical habits which might impair the most agreeable proportion of form or feature; and much more, every mental disposition that could deface the richer Beauty with which Father-God hath adorned the inner life. "In deeds and in motives untold by the tongue-by chisel uncarved, by poets unsung-the

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DESTINY-A SPIRITUAL VIEW continued from page 4

filled with that, my friends, because we limited, in our consciousness, our God.

And so as we look at life, reviewing it each moment of each day, we view our own destiny. It is not difficult to find where we are in evolution. All we have to do is to be honest with ourselves and ask ourselves what we are. And when we do that, and when we are truly honest, for it is only the truth that will set us free - it is not the images that we present to man that sets us free, those images are governed and controlled by our limited patterns of mind-that will never be freedom, my friends. If you cannot be honest with yourself, you cannot be honest with your God. If you are not honest, you will not be free, for freedom does not come to souls that cannot look at themselves and say to God, "This is me. Am I such a rejected soul in your universe?" Think, my friends. The image is the illusion. What you present to one person you do not present to another. It is totally and entirely dependent upon your motivation of self-desire. Have you found freedom with the image you present? Have you not yet seen that it is in a constant process of change? When the

light dawns in our consciousness there is only one thing that matters. That one thing, by man, is called God. And when that dawns, you declare your right to your soul. You, therefore, will free yourself from the duality of creation, from the pain and pleasure of experience. You will not be left void of experience, but you will not become the experience. You will know in your heart and soul that that is God expressing Itself in this or that particular way. You will no longer be trapped in the bloated nothingness, Emerson said, of the human ego because it will not matter any more.

A wise philosopher once said, "Manifest the divinity within yourself and all things shall harmoniously arbecome ranged around you." But the manifestation of divinity is whole, total and complete acceptance in consciousness. If we believe, by studying life herself, that God does not deny one of his children, be it an animal, a human or a blade of grass, and if we believe that that is God the Divine, then we must become, as the Bible says, like little children. Well, what are little children like? They are not filled with all of those limitations in conscious-

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Student's Corner

by Elaine Yavneh*

A GIFT OF GRATITUDE

When, a few months ago, we had the pleasure of celebrating the birthday of the president and founder of Serenity, many of us thought this was an excellent opportunity to express in the form of a gift, our appreciation for all his efforts on our behalf throughout these many years, for the teachings and for his selfless dedication to principle.

Many pondered and searched for the appropriate gift. What could one possibly select? A shirt? A tie? Perhaps a book or a painting? Various personal items and token gifts were selected and presented to him. Many of us felt it was an inadequate means of expressing the gratitude within us.

In searching within depths of one's being, one

realizes that there is but one way to accomplish this and that is to become the living demonstration of the philosophy being taught. There is no greater fulfillment for a teacher than to see his students change and grow as they turn toward the light.

And so in gratitude to our teacher for sharing so freely with us, his wisdom, understanding and truth, and for devoting his life to spreading the light and for being the instrument through which Serenity has become a reality and The Living Light a way of life, many have made a commitment to themselves to help in any way possible to further Serenity and The Living Light philosophy. Perhaps you have, too.

VIEWS OF OUR HEAVENLY HOME by Andrew Jackson Davis

Continued from last issue-

The Roman intellect was inevitably fatalistic in religion and morals. Their distinct perception of law in everything impressed their judgment with a belief in inexorable Fate. Epictetus had spiritual illumination superior to his era, but his chief desire was to teach the Romans how to live. Duty was never surpassed by the pride of personal rights. Every one's duty was to strive to love virtue, truth, honor, and to daily practise what he knew to be required by these radical precepts and principles.

This system was perfect as a rule of faith and practice; but it lacked what a beautiful landscape lacks in a cloudy day, namely, light from the sun in the heavens. In our century this light, emitted by a resplendent sun in a sky far more interior, is shining upon mankind. Let us live and love, in harmony with our superlatively superior advantages. It will be a wonderfully happy and pure epoch when mankind shall practically embody the immortal teachings of Epictetus.

INNATE JUSTICE.

Men take a natural pride in

being in the right, or rather, they wish to be believed as though they were true and reliable, even if the facts be otherwise. This innate passion for accuracy, is prophetic of coming excellence human nature. The non-fulfilment of a prediction, as in the case of Jonah, even when the prophecy covers great and suffering, is a disasters source of vexation and disappointment. Such a prophet is angry and mortified, first, because the information communicated was inaccurate: next, because the prediction was inits every word erroneous; next, because the people would laugh at him for making the proclamation: lastly, because the failure throws a doubt over the entire profession of foretelling future events. Few men can bear the imputation of ignorance and dishonesty. They would rather be knowing and accurate than kind or good. This state is savage and cruel. But there is in time coming a sure progress into truth and right, founded upon a sincere love of what is intrinsically just and permanent.

Self-made men, as the saying is, are persons who have "worked their own way,"

(Continued page 14)

Visitors Views



"This is my first contact with Spiritualism services. I found it comfortable, interesting and also found moments of inspiration. Your group is most friendly and open. You make people welcome. I shall come again even though it is a long way to come."—P.B.

"I enjoyed the service very much. The way you conduct it is new to us. Nevertheless, as long as you get thro' to the people and enlighten the soul, your work is successful."A.A.

"To live and learn is the quest. That we may have peace of mind and rest."

"I found the service very

interesting and different. The psychometry was especially inspiring. I had never heard of Serenity before and was impressed by the organization and philosophy." — W.M.

"I can appreciate the ideals and goals of Serenity. The service seems somewhat unorthodox. They seem to convey a spiritual message I have never encountered before. It seems as though all the mysteries unfold into truth..."

"This morning was my first visit to Serenity. Everyone made me feel most welcome. I could feel universal truth consistently coming through here."—M.S.

SPIRITUALIST DICTIONARY

SPIRIT DOCTORS

Doctors skilled on this earth who have passed over but who continue to administer to the sick from the spirit spheres by working through a dedicated medium known as a healer. It is worth noting that not all healers know that they are mediums, or even subscribe to Spiritualist ideas, but the work is affected by intentions, not ideologies, and so far as it is directed to the unselfish alleviation of suffering humanity, it is spiritual work and commands the sympathetic attention of skilled spirit operators.

GREAT SPIRIT

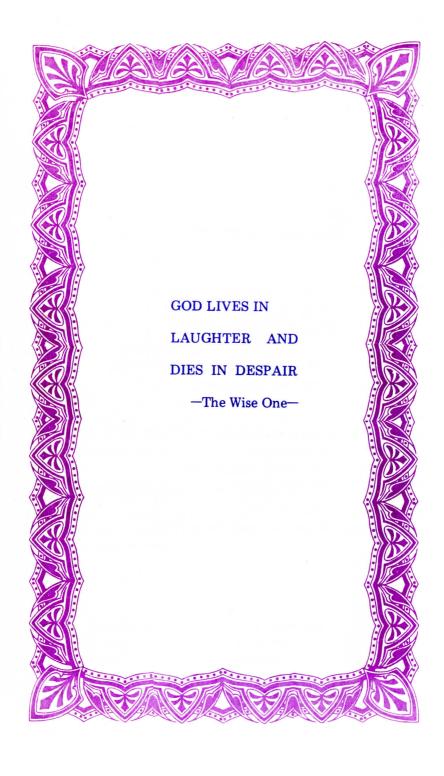
God. Deity. Form of address often used by controls.

THE SPIRIT HYPOTHESIS

Psychic phenomena covers a huge field of supernormal manifestation. To attempt to explain its varied operations scientifically, all possible physical explanations are tried in turn. In some categories, such as telepathy, there would appear to be no reason to posulate a discarnate spirit as operator. The same could apply to a genuine materialization. It is when an intelligence not of this earth obviously directs the phenomena, that one is logically forced to adopt the simple "spirit hypothesis" - that the intelligence is what it claims to be - the human mind of an entity who once lived on this earth. The fundamental conditions for its acceptance according to Professor Hyslop are: 1. The information must be supernormal, that is, not explicable by normal perception. 2. The incidents must be verifiable memories of the deceased persons and so representative of their personal identity. 3. The incidents must be trivial and specific - not easily, if at all, duplicated in the common experience of others.

SPIRIT OPERATIONS

Cases have been known in spirit healing where portions of diseased tissue have apparently been excised by supernormal means. The explanation usually given, is that the spirit doctor is a surgeon, and has performed an operation on the spirit body, this by sympathy acts on the physical body. The healer, of course, uses no instruments.



PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force To remove all obstructions From my mind and body And to restore me to perfect health. I ask this in all sincerity and honesty And I will do my part.

I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.

Healing Hands

Each and every one of us who feels the need to receive a healing bears a responsibility to do their part. The peaceful vibration we feel as we sit in a healer's chair can readily determine the feeling we brought with us as we entered the healing chapel. Our receptivity to the healing power is up to us; we can be positive and we will receive a healing, or we can emanate the opposite and obstruct acceptance of the healing energies.

The music that permeates the atmosphere will, if we allow it, bring a peaceful attitude within our being. As we still our mind, we will tru-



ly find that our receptivity is open and the healer, through the spirit doctors, can help with whatever obstruction we may have that has brought us to seek aid.

If we do our part, when we leave the healing chapel, our positive attitude of mind will help us throughout the day to help ourselves to realize within what we can do to regain perfect health for, in truth, perfect health is our Divine birthright.

I accept that my body, mind and soul is in the hands of God, therefore,
I am freed from all self-concern.

—The Wise One-

VIEWS OF OUR HEAVENLY Continued from page 8

through greatest obstacles to a position of equality with the best. They are usually possessed of a sound article of conscience—selfmade, like the rest of the character—which is not often obedient to popular standards. These are the minds who promote the world's progress. They institute new laws, inculcate new morals, generate new maxims, and fill the air with new revelations of truth and principles.

But all manufactured men inherit consciences to correspond. Their ideas of right coincide exactly with the prevailing definition of right. If they be Jews by birth, it is under-rate right to Christians: if Christians by birth, it is equally right to oppose and berate the Jews. If they be born in slaveholding countries, it is right to perpetuate slavery; if freedmen by birth, it is right to pronounce eternal condemnation upon slaveholders. If born into the lap of Roman Catholicity, it is right to curse and destroy all dissenters as enemies of God; if born among hotblooded Protestants, it is right to slander the ancient church by calling it the "whore of Babylon." Thus, all through

and through the world, what men call "conscience" is a manufactured article, an inheritance, like the color of their hair and eyes, and as blind as learned ignorance always is as to what is in reality right and wrong.

And yet, deeper than all transmitted qualities and bias, is intuition; of which Washington said: "Labor to keep alive in your breast that little spark of celestial fire called Conscience." This innate wisdom is beneath every man's inherited ideas of right and wrong. It is a dangerous power in the spirit. You cannot reason it down to death. After a prolonged silence, it arises in its own might, and by its internal condemnation makes a strong man feeble. When inspired by its approbation, one man can put ten thousand to flight. One man with a clear intuition of Right on side is sustained as by the strong arm of Omnipotence. It is important, therefore, to know whether your views of right and wrong arrived with your blood, or from the fountain of all spirit-the infinite source of every good and perfect gift.





by Duncan Robertson*

Most of us would probably agree that the violin produces a "bright" sound, while the bass viol has a "darker" tone. But for some, these common associations of light and color with sensory information gathered via channels other than sight are quite literal. The phenomenon is known as synesthesia and for those who experience it, the world of sound may be filled with bright colored patterns, and even tastes.

Sir Francis Galton, the philosopher-scientist. British information solicited from around the world on the phenomenon and found a young woman for whom the sound of the name Francis elicited the taste of baked beans, while Italy had the taste of small. white pickled onions. Another person wrote Galton that "When I think of Wednesday I see a kind of oval flat wash of vellow - emerald - green; for Tuesday, a gray-sky color; for Thursday, a brown-red irregular polygon; and a dull yellow

smudge for Friday." Such cross sensory perceptions are usually quite individual.

However, Dr. Lawrence E. Marks, a researcher on the mechanisms of vision and temperature perception at the John B. Pierce Foundation Laboratory at Yale, has found in at least one category of synesthesia what appears to be a common denominator: "In the colors produced by vowel sounds, obtained from over 400 people, I find more than 2,000 vowel-color associations. The regularities in associations between sound and color are remarkable. The vowel A with the sound ah as in 'mama' usually produces red and yellow images. E with the sound ay as in 'late' or eh as in 'let' usually produces white, does the vowel I with the sound ih as in 'bit' or ee as in 'beet.' The vowel O as in 'home' arouses red and black. and U as in 'boot' arouses dark colors - deep blue, brown and black.

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GUIDE TO MEDIUMSHIP AND PHYSICAL UNFOLDMENT by E. W. and M. H. Wallis

INTRODUCTION

Continued from last issue-

In like manner, we seek to assist those who have had indications that they are mediumistic and that spirits are in sympathy with and influencing them; as also to counsel those who desire to become mediums regarding the conditions for the development and the wise exercise of mediumistic powers.

In part three of this 'Guide' we shall present the methods to be followed by sensitives to intensify their impressibility and cultivate their psychic powers, but we now devote our attention almost exclusively to the exercise of the faculties of the inner self under the stimulation and guiding control of spirits.

Many mediums, when influenced by their spirit friends, display marked abilities as clairvoyants, character readers and psychometrists. They diagnose the conditions of those who suffer, and are frequently used by healing spirits to magnetize the sick and cure the afflicted; to give counsel, warning or encouragement to

those who are worried and distressed in mind, body or estate.

As a reactive result of the influence of and continued association with such intelligent spirits, sensitives frequently find that they can normally exercise their own psychic faculties, and after a time can do so as successfully as when under spirit control.

Because self-respecting mediums may thus acquire the ability to consciously enter the 'superior condition,' that is no proof that they 'do it all themselves,' or that thev 'never were assisted or controlled by spirit operators,' as some people have imagined. It merely shows how beneficial spirit guidance and influence have been. By their aid mediums have acquired the power to reach up to the psychic or spiritual realm and become consciously associated with and intelligently responsive to the thoughts of spirit people and to co-operate with them in demonstrating immortality and proclaiming the spiritual philosophy.

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CHILDREN'S CORNER

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our Lyceum. – Editor

What is a friend

A friend is when you walk up to somebody and say hi a friend is not suppose to be mean to. a friend is not pushy not selfish not greedy. a friend won't break down a castle that you make in the sand. a friend is the color of white.

Desmond Fernandes, Age 6

Creation to me is everything in the Universe except things that are spiritual. It is the Physical World, it is the stars, The rythem of the waves, mountains, and leafs. Everybody has it in them somewhere. Creation is your desires and hopes.

Orianne Smith, Age 11

When mommy aks me to go to the store and I say no. When the man asks me to get off the grass and I say no. The color is blue.

Lisa Toquinto, Age 7

What I can do to serve god. I can help people, animals, tress, flowers. I can help by watering the flowers, and watering the tress, and feeding the animals taking care of

them. I can be kind to people treat them right not wrong.

Yvonne Fernandes, Age 10

Selfwill

like went mike is bad.

Erick Masad, Age 4

Consideration

When someone asks you to help them you say sure and if someone says I am lonely come play with me and you say ok I'll play with you. the color is orange

Desmond Fernandes, Age 6

I can help Spirit by saying my affirmation thank you God, I am at peace. By picking up my toys is another way.

Michael Field, Age 4

A aura is a radiant energy that circles itself around everything especially living things. It is made up of one coler for instance pink; Love, than that person that the aura belongs to is feeling and expressing Love. Healers can see the Auras and can change them. Young children can sometimes see auras.

Orianne Smith, Age 11

Serenity Church Quilders

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We gratefully acknowledge gifts made to the Serenity Church Building Fund. Donations and pledges may be made payable to Serenity Spiritualist Association. Contributions are deductible for income tax purposes.

CHILDREN'S BUILDING BLOCKS

5.00

Michael Field

The Living Light

Inthisnewbook are the wonderful teachings of The Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin. It has been nine vears since the beginning of The Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantilizing series of new subjects, lovingly explained and care fully attuned to bur understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory. progressive explanation un folding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us. In THE LIVING LIGHT, he

makes clear that his lessons are

way, but his beautiful form of instruction to aid us in our own individual progression. THE LIVING LIGHT is

not dogma, creed or a narrow

unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed in him in centuries of study in higher realms. The lessons to perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

The heaven that awaits you May be a hell to another.

Order now your copy of the limited deluxe first edition of THE LIVING LIGHT. \$10.60 per copy, plus \$.30 handling and mailing.

Mail order to:

Serenity Publications P. O. Box 137 Forest Knolls, Ca. 94933

GUIDE TO MEDIUMSHIP continued from page 16

'And more, my son! for more than once when I Sat all alone, revolving in myself,
The word that is the symbol of myself,
The mortal limit of the self was loosed,
And passed into the nameless, as a cloud
Melts into heaven. I touch'd my limbs, the limbs
Were strange, not mine — and yet no shade of doubt,
But utter clearness, and thro' loss of self
The gain of such large life, as, matched with ours,
Were sun to spark — unshadowable in words,
Themselves but shadows of a shadow-world.'

Tennyson.

PART II

HOW TO DEVELOP MEDIUMSHIP

THE BASIS AND CULTIVATION OF MEDIUMSHIP

Any form of mediumship which does not contribute to our own personal unfoldment or growth is something which we neither need nor want, and should therefore be most determinedly rejected.

Loveland

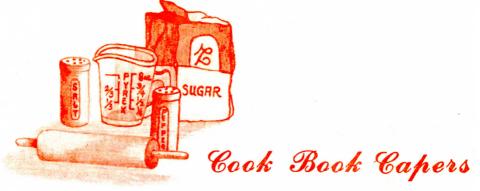
A knowledge of the laws and conditions of mediumship is a primary requisite for the successful investigation of Spiritualism; and to the neglect of this important preliminary may be traced most of the difficulties, contradictions, and disappointments which beset the road of even

the most earnest and painstaking who enter the path of practical investigation.

-W. H. Terry

Many persons are natural sensitives, and are more or less easily swayed by the personal magnetism and positive mental influence of those with whom they associate. They 'take on' and reflect the conditions that surround them, although they may be unaware that such is the fact; and the study of the laws of psychic relationships would enable them to gain strength of character and of will.

(continued next issue)



RECIPES FROM A NIGHT IN HAVANA

ARROZ CON POLLO

1 - 3 lb. chicken, cut up in servingsize pieces

2 medium size tomatoes

1 small green pepper, sliced

1 large onion, chopped

1 large clove garlic, chopped

1 small bay leaf

1 tablespoon wine vinegar

1 cup dry wine

1/4 cup lard

1/4 cup olive oil

1/2 tablespoon yellow food coloring

3 cups rice(silver pearl or Uncle Ben)

3 1/2 cups water

1 small can petit pois

1 can pimientos

Salt and pepper to taste

Put all the ingredients except water, rice and coloring in a large pot. Cook at medium heat for about 1/2 hour or until chicken is half-cooked. Add the water, coloring and rice. Season to taste, bring to a boil and then lower to simmer. Cook, covered until rice is tender. Stir with fork once or twice. When it is ready to serve, add the pimientos and petit pois. When measuring the water, include the liquid from the petit pois and pimientos. This is a soft dish and the rice is not firm.

DIPLOMAT PUDDING

2 cups milk

1 stick Ceylon cinnamon

1 piece lemon peel (2 or 3 inches)

Scald milk with cinnamon and lemon peel. Set aside to cool. Make a caramel by stirring 1 cup white sugar over medium heat. Pour into 6-cup size baking dish. Let cool.

CUSTARD

6 eggs

1 teaspoon vanilla

1/8 teaspoon salt

1 cup sugar

2 tablespoons apricot brandy or any sweet liqueur

1 cup fruit cocktail, well drained 4 slices white bread(crust removed), plain cake or lady fingers

Beat eggs with sugar, vanilla, salt and liqueur; add to milk, mix well, strain into mold containing the caramel. Over this pour the fruit cocktail and when the fruit floats, place the slices of bread or cake on top, covering entire surface. Set within a larger pan containing at least one inch water. Bake at 350 degrees about 1 1/2 hours. Cover and refrigerate at least 4 hours. Unmold at serving time. Yields 10 to 12 portions.

INVOCATION

O Spirit of Infinite Love and Tenderness, we lift our hearts in praise and joy and thanksgiving for the blessed opportunity of opening the door of that other life that our beloved in spirit may come through to give us wisdom, strength and understanding. So vast is this wonderful opportunity, so far extending in its power and its beauty. that we cannot at once come into the full realization of it. This much we do know, that love finds its own and speaks out of its heart all of the experiences that may benefit humanity. Like children groping through the darkness and seeking for the loved hand, listening for the voice that is dearer and sweeter than all the music in the world. we come today and listen again, not only for our own, but perchance to catch the message from someone who veams to find the old home and the old associations. The sweetest expression for spiritual life is service, so we offer ourselves for the service of the spirit world. May they find us ready. May they find no wilfulness, no inharmony, nothing which shall impede their free and full expression. Bless us in our undertaking, help us to grow in wisdom. Amen.

DIVINITY OF NATURE

Nature's demands are the only true guides to usefulness, probity and progression. To know these demands is all we need to know; faithfully to comply with them is all we need to do, if we would become all we are designed to be and all we are capable of being. He who most perfectly understands the demands of Nature, in regard to his own and his neighbor's body and soul, most perfectly understands the operations of the Intelligence which Infinite manifests itself in all nature.

He walks in the light and lives in the right, who seeks the truth in Nature's book and moulds his life accordingly. We and our neighbors are parts of Nature, therefore, what we do to our neighbors, we do to ourselves. Every act reflects upon ourselves.

BENEDICTION

May the philosophy of the continuity of life and the communication of spirit enlarge your spiritual horizon, bringing into view your sacred duty to self and to all mankind—to love and serve one another. Amen.



The Living Light philosophy with its emphasis on application of spiritual principles is woven into all of the activities of Serenity, truly making it possible for its students to integrate knowledge with practice. Even Serenity's new IBM Electronic Composer, the first to be delivered in Northern California, is serving the function of not only producing our SENTINEL in its new format. and to make future publication of additional Serenity books and pamphlets possible. but it has in its short few weeks of service, proven itself to be an invaluable aid to spiritual unfoldment for those fortunate student typesetters who are being trained to operate it.

This IBM gem affectionately christened Carlotta II, simulates the immutable laws of nature with respect to its loyalty to its error-free memory bank. Such equipment clearly, and at times, painfully, brings

Busy Bees

by Miriam Bostwick

to the students' conscious awareness their own tenacious self-will, especially when they repeatedly program Carlotta the way they want her to perform rather than to obediently respect her inflexible structure. Gradually, however, the students must come to terms with how their minds are obstructing the flow of fast and efficient production. And as The Wise One reminds us, "Man's godliness is his usefulness."

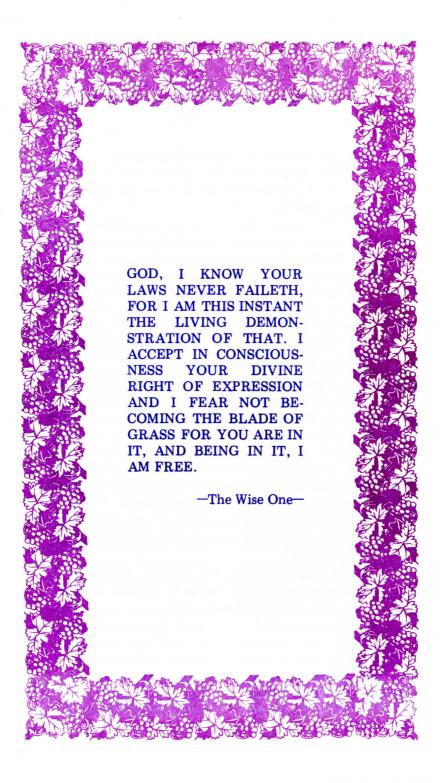
Serenity's monthly socials provide an occasion for spiritually minded persons to enjoy the fellowship of those of like nature and to partake of gourmet dinners on an international theme. Won't you join us on Saturday, July 26 for A Night in Havana?

Opportunities abound at Serenity to serve God by working on unique gift and bazaar items. If you would like to create a beautiful tile planter to house cascading

(continued page 31)

DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.



BECOMING A SPIRITUALIST by H. Gordon Burroughs

YOUR PSYCHIC SELF

Continued from last issue— Faith will not always accomplish what we desire unless we do something more. Prayers without works avail nothing. and the mere fact of sitting back complacently and depending upon faith cannot accomplish much. But through prayer with faith, with love and obedience to the law of nature, which is obedience to the law of God, do we make it possible for those latent spiritual faculties that lie deep within the consciousness to become awakened so that we can gain knowledge from all sources.

We all have within us these faculties. This truth is mentioned by Paul when he said, "Brethren, concerning spiritual gifts I would not have you ignorant." (In other words, concerning psychic gifts I would not have you ignorant.) "To one is given the gift of laying on of hands, to another the gift of prophecy, another dreaming of dreams, to others the ability to speak divers tongues, and to others power of disthe cernment."

The psychic gift of spiritual healing Christ demonstrated,

by faith and by prayer.

Now each of us possesses
the power of healing. Jesus
promised us that if we believed
the things that he did, these
things we should also do and
greater things.

Those of us who profess to be followers of the Master and doubt these things are not true followers, because he demonstrated them very definitely. Not only he, others coming before him demonstrated that same spiritual power of healing and of cleansing men and women who were possessed of evil thoughts. He was able because of his great power of perception to know the will, to know the heart throbs of those with whom he came in contact.

Everyone of us possesses other psychic gifts, many of which may be lying dormant. Each one of us, no matter what we believe, is constantly depending upon intuition, something that we have never been able to define. It is a spiritual gift and from a spiritual viewpoint is the direct communication from the real, spiritual you.

continued next issue



Lest We Forget

Duke Eldon Isa Goodwin Harold Lucas Emma Murray Dolores Pearl Britta Uppstrom

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name is requested.

DESTINY—A SPIRITUAL VIEW continued from page 6

ness. Their hearts are open, and so their souls are free. Liberty in life is not license in life. Liberty comes through law, and Divine Law is total consideration.

A teaching in this philosophy is that satisfaction permits our soul to sleep, but irritation wakes the soul. And ofttimes it is the things we do not want to hear that is needed to bring us where we want to be in consciousness. So let us think about what we are doing to ourselves. Let us think about that, my friends, and let us remember that total consideration is God's Divine Love. And that limited consideration is what is called man's love. It is the same energy. There is no difference except the ways in which man has limited the Divine's expression. Look at the world and look at it clearly. One moment you're filled with the spirit of joy and happiness, the next moment, guaranteeing very opposite. When that happens to you - and it happens all the time — ask yourself the honest question, "in what way have I decided to experience my joy, my goodliness, upon what person or thing do I truly rely?"

This philosophy teaches that which you give thought to, you give power to. And when you look at creation and the human race, if you cannot look through it and find God no matter where you look, then you are destined to who knows how many eons of bondage. No one like to entertain the thought that they are the victim and the slave of their own limited patterns of mind. But our lives reveal that truth. We are simply trying to share with you a spiritual view of man's own destiny. We sang at the opening of these services a very old hymn and it was entitled, Destiny at My Command. So, my friends. look at how, when and why you receive your goodness and you will know your bondage as you will know your eternal destiny.

EDITOR'S NOTE---

The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (*).



Poet's Pen

SERENITY AT LAST

My mind, my heart has peace at last

For now new joys replace the past,

With sadness great that gripped my heart

From which my mind would never part;

At last new peace divine is mine

With hope, with joy and love sublime;

All this Serenity brought to me—

For now at last the Light I see!

My thanks to you who lead me right

From darkest fear to Living Light.

-A. E. Casgrain-

FABLES FOR YOUNG AND OLD

THE LION AND THE GOAT

One hot summer day a Lion and a Goat came at the same time to drink from a small mountain spring. When the Lion saw the Goat about to take the first drink, he growled, "How dare you take a drink before the King of Beasts?"

"This spring belongs to everyone," said the Goat, "and I'll drink from it whenever I like!"

"I'll teach you a lesson!" said the Lion. And he slapped the Goat with his mighty paw and sent him tumbling.

The Lion turned and was about to take a drink when

the Goat butted him from behind and sent him sailing over the spring. The Lion quickly recovered and prepared to defend himself. Suddenly they heard the flapping of wings overhead. They both looked up and saw a flock of Vultures circling above them, anxiously waiting for the battle to end.

The Lion and the Goat looked at one another and smiled. In almost the same breath, they said, "Why don't we both drink at the same time!"

A compromise is a victory for both sides.

When desire becomes the servant, Man is freed from being the slave.

- The Wise One

BUSY BEES

continued from page 24 greenery, or some other item, you may join the dedicated group who help to keep our doors open. Your special skills may also include creativity in the kitchen. Both your baked

goods and patronage will be most appreciated on Saturday, July 19 when an all-day bake sale will be held at the Cove Shopping Center on Blackfield Road in Tiburon.

SERENITY CASSETTES

SERENITY CASSETTES — A new and exciting concept of learning and inspiration, giving you an opportunity to personally and privately study the higher spiritual teachings of The Living Light philosophy, Serenity Association proudly announces these are now available in cassette form!

The original discourses from THE LIVING LIGHT book, church lectures on such enlightening topics as"Acceptance, the Divine Will," "Journey of the Soul," and "The Wisdom of Tolerance" to name a few, plus numerous Spiritual Awareness Classes are a part of the series being offered. Utilizing a question and answer format, each Spiritual Awareness Class varies widely in topics covered. Answers are carefully attuned to the Student's understanding. class, for example, discusses the Divine merit system and the soul's evolutionary incarnation into form; explains how we use faith to learn lessons; suggests how to determine one's lessons of life: shares an understanding of effects of laws we set into motion; the wisdom of charity; the principle of duality; the principle of change; the duty of the soul to produce in a world of creation.

The Living Light philosophy, patterned after life herself, is the understanding deloped over centuries by The Wise One, a Great Teacher from the higher realms of Light. These teachings are brought to us through the trance-mediumship of Richard Goodwin.

These cassettes, electronically reproduced on the highest quality tape available, are individually priced at \$7.50 plus California State Tax and shipping charge of \$.50 each. They may be purchased for only \$6.00 plus tax and shipping charges by members of *The Serenity Cassette Club*, whose obligation is to buy twelve (12) cassettes per year.

Details of the Cassette Club and a full description of the cassettes are contained in our Cassette Catalog, which we will gladly furnish upon written request.

These cassettes are invaluable as tools to further your knowledge of the Universal Laws of Life. The methods and discourses given therein are useful, practical and pertinent to your every-day living as well as to your aspirations.

Please direct inquiries to: CASSETTE DEPARTMENT SERENITY ASSOCIATION P.O. BOX 137 FOREST KNOLLS, CA.94933 NEWS & VIEWS continued from page 15

Both pitch and loudness enter into the picture with higher and louder tones producing lighter and brighter images. Marks adds that "The size and shape of the image also change as the pitch of sound alters. In addition to producing white or bright mental pictures, high-pitched sounds tend to produce images that are small, angular and sharply edged. Low-pitched sounds tend to produce images that are dark, round and massive."

Marks concludes that "Whatever the neurological mechanism, the connections it makes are far from haphazard. In order to associate auditory dimensions like pitch and

loudness with visual dimensions like brightness and size, the neural system underlying synesthesia must be capable of abstracting some of the simple properties of sensory experience and dealing with continuing graduations in them. This neural mechanism is a source through which different senses share common features of experience."

We all have some degree of synesthesia, Marks believes, and it is quite common among children. "In fact," he says, "most people may learn not to be synesthetic as they grow up."

Dr. Marks' comments appeared in the June, 1975 issue of *Psychology Today*.

And when I think
Of what I've thought
'Tis then I truly know
The reasons for my
Yesterdays
And why things happened so.

-Ginger McGaughey

THE PENETRALIA

continued from page 5

Beautiful lives in the depths of the soul."

What is particularly forbidden in this commandment?

The tenth commandment forbiddeth all turbulency of spirit which in a few years wrinkles the beautiful brow; also, all animality which destroys grace of bone, gives promience to the joints, and dissipates the freshness of youth from the teeth, eyes, hair, and skin (see 4th vol. of Great Harmonia); all discontentment with conditions which are incidental to an embryo existence, "envying or grieving at the good of our neighbor, and all inordinate affections for anything that is his." But Nature allots to no man more than is sufficient for a subsistence and guaranty against the intrusions of Poverty, physical and mental; all else, though strictly lawful according to existing constructions of individual rights, is nothing less than an appropriation of our neighbor's property and depriving a brother of the means of happiness.

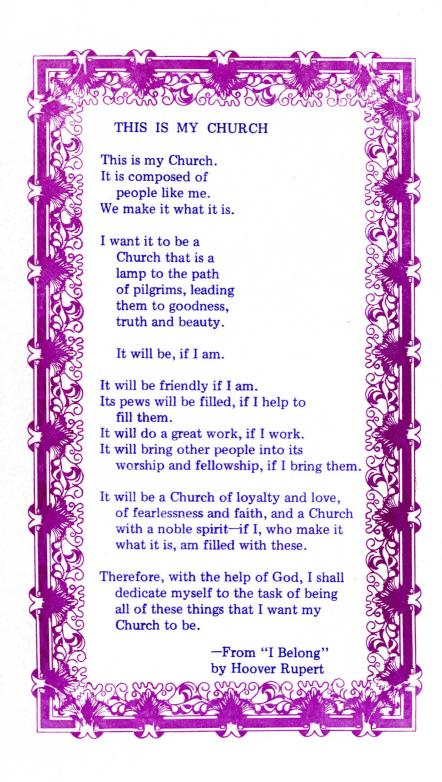
What are we to conclude from this?

We are to consude and resolve at once, that in this tenth commandment is forbidden all social or civil laws that in fringe upon the Beauty of Universal Justice. Furthermore, all religions which make a virtue of crucifying the organ of Ideality and the normal requirements of the spiritual temperament. Beautiful external objects - pictures, statuary, flowers. ornaments; beautiful external odors delicate perfumes, violet, mignionette, geranium, cascarilla; beautiful external sounds songs, musical instrumentation, words of love, bells of liberty, the rounding cadences of Wisdom's words; beautiful external tastes - all berries and fruit which grow in sunlight and please the tongue; and thus, through all the vast, profound, and mystic simplicities of every day's senusous existence, the tenth commandment forbiddeth every civil circumstance or religious obligation which could mar the symmetrical development of that Inner Beauty, which is mighty as Truth and essential to happiness as heaven itself.

What is the eleventh commandment?

The eleventh commandment is: "Obey the gospel of Aspiration" — which is the fifth manifestation of the principle of Wisdom.

(continued next issue)



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